



GHOSTRIDER GAZETTE

Golf Battery, 1-79 Field Artillery

Class 51-09, 24JUL09, Week



Dear Friends and Family Members,

Hello again from beautiful Fort Sill Oklahoma. The weather is warm, but we have had a cool front and some rain this week. Your Soldiers however, have remained focused on training and it is hard to believe that we have already completed our second week of Basic Combat Training (BCT).

We have been keeping your Soldiers' extremely busy. We ended last week with a little fun though, and your Soldiers completed the Combat Conditioning Course (CCC). This is an approximately quarter mile course of various obstacles that train and improve agility, stamina, balance and strength. Obstacles include log balance beams, high and low walls, a cargo net climb, horizontal bars, and a low wire crawl just to name a few. At the end we conducted a Platoon competition in which 6 Soldiers were chosen from each Platoon to run the course for the best time; penalties were also assessed for incorrectly negotiated obstacles. 2nd Platoon received the winning honors of the CCC streamer, finishing with a time of 5:46. The physical challenges performed by your Soldiers in training events such as the CCC reinforce and develop the Army Values of loyalty, personal courage, and respect among Soldiers. Early this week our training focus shifted to an outdoor instructional environment where the Soldiers were taught the basics of Chemical, Biological, Radiological, Nuclear (CBRN) warfare. They were instructed how to react to a chemical attack and to how decontaminate themselves should they be exposed to chemical agents. We then took that information and applied it in a field environment. Every Soldier was exposed to CS gas with their masks on. CS gas is the same gas used by law enforcement to control riots. The exposure to the gas with their masks on allows the Soldiers to feel more confident that their masks will protect them. The Soldiers then take off their masks to experience the effects of CS gas. The first time a person is exposed to the gas often causes individuals to panic. This forces a Soldier to confront their fear and allows them to understand that must remain calm in a stressful environment as well as proving to them the importance and effectiveness of their CBRN equipment. As you might know, Soldiers are first responders to medical emergencies in a combat environment. Knowing this, all Soldiers are required to learn first aid skills. These skills were taught in a classroom and then employed in a field environment. The Soldiers learned how to move injured Soldiers on the battlefield using a variety of techniques and how to stabilize a casualty to prevent further injury until medical personnel can assist. The biggest threat to an injured Soldier on today's modern battlefield is blood loss and shock. In order to decrease this threat, all Soldiers are required to initiate a saline lock (IV). They initially trained on dummy arms and then were tested using each other's arms. The classroom instruction, testing and evaluation emulates Combat Life Saver (CLS) training that operational Army units train on and once completed, Soldiers will bring valuable knowledge and life saving skills to their next unit.

I encourage you to write to your Soldiers. A little bit of encouragement from home goes a long way and Soldiers are receiving mail. Letters are fine, but do not send packages, magazines, food, or other contraband items (electronics, candy, soda, tobacco, pornography, etc...). All items received that are not authorized will be held with personal baggage and released to the Soldier upon graduation. Contraband will be confiscated and disposed of. Letters should be mailed to: **(Line 1) Soldier's Name (Line 2) Golf Battery, 1-79 FA, PLT #___ (Line 3) 5001 North Rothwell Rd (Line 4) Fort Sill, OK 73503.** I will keep you up to date on your Soldiers training using this email format. If there is someone else that you know that would like to receive these updates please send me their email address. If you have questions pertaining to an emergency concerning your Soldier, please do not hesitate to contact me. I look forward to meeting you all in the future. Respectfully,
KYLE A. LIPPOLD

CPT, FA

Ghostrider Soldier's In Action!



Soldiers experience eating a "Hot A" breakfast, a hot meal served while in the field.



Soldiers race to negotiate the Combat Conditioning Course's first low wall obstacle.



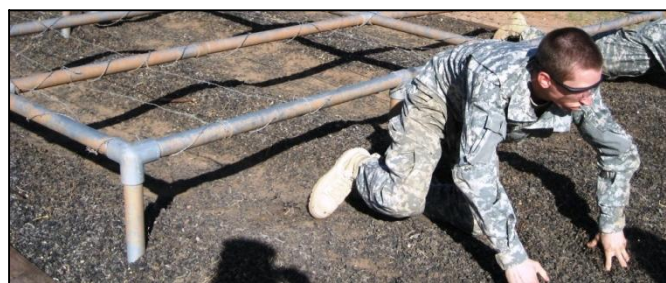
Soldier negotiate a 3-rope bridge during the CCC under supervision of their Drill Sergeant.



A Soldier initiates a saline lock (IV), under the supervision of his Drill Sergeant.

Additional Photos of Ghost Rider Soldier's In Action!

Combat Conditioning Course



CBRN Training

